

TOTALLY TEENS HEALTH CENTER

Leadership in Building "TEENS" a Healthier Tomorrow

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EXERCISING FOR THE HEALTH OF IT



A physically active lifestyle helps you generate more energy, control your weight, manage stress, and boost your immune system. It provides psychological and emotional benefits, contributing to your sense of competence and well-being. It offers protection against heart disease, diabetes, high blood pressure, osteoporosis, some types of cancer, and even premature death. Thomas Cureton, Jr. said it best when he stated, "Over the years, I have come to look upon physical fitness as the trunk of a tree that supports the many branches which represent all the activities that make life worth living: intellectual life, spiritual life, love life, occupation, and social activities." Research shows that simply becoming more physically active may be the single most important lifestyle change for promoting health and general well-being.

The words physical activity and exercise are often used interchangeably; however, they are really quite different. Physical activity is any body movement, produced by the skeletal muscles, which results in energy expenditure. On the other hand, exercise is physical activity that is **PLANNED, STRUCTURED, REPETITIVE, and PURPOSEFUL**, in the sense that improvement or maintenance of physical fitness is the main objective. Only exercise will develop fitness. To develop fitness, a person must perform enough physical activity to stress the body and generate long-term physiological changes. Exercise doesn't have to be in a gym; in fact, the most popular is still walking, followed by: gardening, stair climbing, stretching exercises, bicycling, strength training, jogging and aerobic dance.

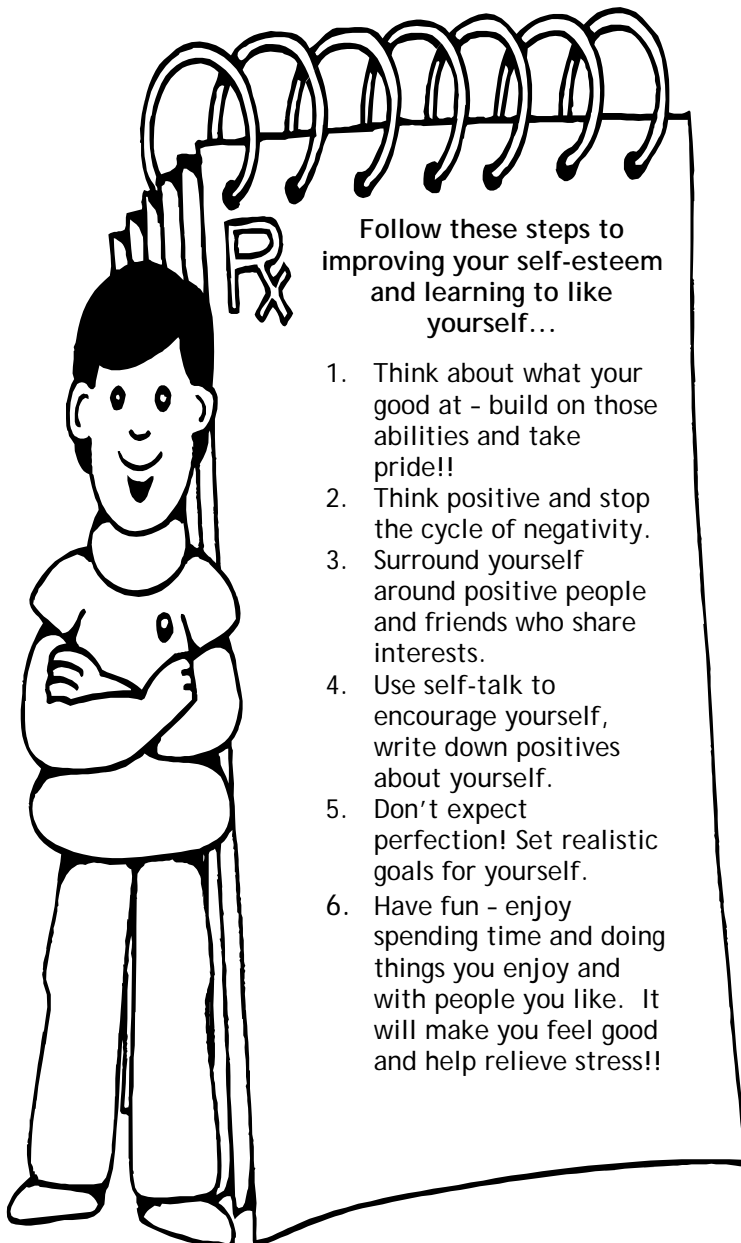
Here are some tips to help you develop your exercise plan:

1. **SET GOALS** - Ask yourself, "What do I want from my fitness program?" Set short and long-term goals, and be specific and realistic. Don't expect overnight success.
2. **SELECT ACTIVITIES** - Choose activities that support your commitment rather than activities that turn exercise into a chore. Consider your interests, your current skill and fitness level, time and convenience, cost, and any special health needs you may have. Try to find a workout partner who shares your interests.
3. **SET A TARGET INTENSITY, DURATION, AND FREQUENCY FOR EACH ACTIVITY** - Your goal should be to work up to burning about 300 calories per workout, with beginners aiming for 100-150 calories per workout. Remember to warm up before you begin and cool down afterward. Consistency is the key to success!
4. **REWARD YOURSELF FOR YOUR ACCOMPLISHMENTS** - They don't have to be expensive rewards, and try to avoid "food rewards."
5. **INCLUDE LIFESTYLE PHYSICAL ACTIVITY IN YOUR PROGRAM** - Think of ways to be more active during your daily routine. For instance, take the stairs instead of the elevator, park further away so you're forced to walk - be creative.
6. **MONITOR YOUR PROGRESS** - Keep a log to track your activities and daily progress.
7. **MAKE A COMMITMENT** - Make a personal contract with yourself to stick to your plan. Keep your contract in a visible location to remind you of your commitment.
8. **LISTEN TO YOUR BODY** - Don't exercise if it doesn't feel right. Don't overwork yourself because it could result in injury. Always check with your physician before you begin any exercise program.

IMPROVING YOUR SELF-ESTEEM

By now, most of us have forgotten about our New Year's resolution's to be thinner, be smarter, score more goals, hit more home runs, or become prom queen. These have either not been achieved or have long been forgotten because most of the time we are trying to create someone that we are not. Instead of creating these lofty goals and expectations for ourselves it may be better if we started to like ourselves for who we are and what we are capable of doing. In other words, **Improving Your Self Esteem**.

Self Esteem involves how much a person values themselves and appreciates their own worth and importance. One's self esteem is always evolving and can change with one bad experience if you don't take steps to improve it and nurture it.



Follow these steps to improving your self-esteem and learning to like yourself...

1. Think about what your good at - build on those abilities and take pride!!
2. Think positive and stop the cycle of negativity.
3. Surround yourself around positive people and friends who share interests.
4. Use self-talk to encourage yourself, write down positives about yourself.
5. Don't expect perfection! Set realistic goals for yourself.
6. Have fun - enjoy spending time and doing things you enjoy and with people you like. It will make you feel good and help relieve stress!!

NUTRITION NUGGETS: BOREDOM EATING

With wintertime upon us (ok, not quite yet since it has been in the 60's and 70's lately), cold and dreary weather will be forcing us in doors more. That means more time in front of the TV and more snacking, right?! Long nights and cold days often cause people to want to eat more than they would otherwise, and this is what can lead many of us to gaining extra pounds during the winter that we have trouble losing in the spring. Solution: avoid gaining the weight. Here are some tips to help you avoid the wintertime boredom-eating syndrome.

1. Allow yourself to only eat in the kitchen and dining rooms, not in living room, family room and den. This way, you won't be able to snack all night long.
2. Don't eat while watching TV.
3. Find crafts and hobbies to engage in - since you're inside, this is a good time to start a new project or learn a new skill.
4. Find a book you've always wanted to read and read it.
5. Keep low calorie fruits and veggies on hand for snacking in case you just can't beat the craving.
6. Find other indoor activities to get involved with (i.e. after school clubs, sports teams, going shopping with friends, or going to a gym or the YMCA)
7. Make indoor fitness a priority with a gym or YMCA membership, at home exercise equipment or videos, or sports teams.

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DON'T BE FOOLED!

Maybe you've heard of bidis (flavored cigarettes) or kreteks (clove cigarettes). Bidis are small, filterless cigarettes that come in a variety of flavors - such as mango, chocolate, and mint. Kreteks are often marketed as herbal cigarettes, which lead the consumer to believe they are a safer cigarette. The truth of the matter is that both of these products contain tobacco; therefore both are just as harmful as cigarettes. And because they don't contain a filter, bidis may even be more harmful - producing up to five times the amount of tar as a regular cigarette.

The sweet flavors of the kreteks may cover up the harsh taste of tobacco, but they don't cover up the health risks. Both bidis and kreteks can cause heart disease; lung cancer; cancer of the mouth, throat, stomach and liver; and just like cigarettes, they can make you cough more and catch more colds. Some people respond very badly to clove smoke. Reactions include asthma, infections, and some people have reported coughing up blood after smoking a clove cigarette. So don't be fooled...

There is no safe cigarette!